

**What is claimed is:**

1. A method of exercising in an exercise chair having a generally horizontally supported seat, a pivot linkage connected to the seat, a front leg support connected to said linkage to determine a chair knee joint axis, a rear back support connected to said linkage to define a chair hip joint axis, a seat back, and a fulcrum pivot spaced above said chair hip joint axis and connected to said seat back and said linkage, said method comprising the steps of:

occupying the chair by a user when said seat back is in an upright position;

positioning the user's anatomical knee joints generally in alignment with said chair knee joint axis;

positioning said user's anatomical hip joints generally in alignment with said chair hip joint axis;

exerting a rearward force on said seat back to rotate said front leg support about said knee joint axis from an at rest position to a raised position and said seat back about said fulcrum pivot from said upright position to a backward inclined position; and

relaxing said rearward force to enable said front leg support to pivot back to said at rest position and return said seat back to said upright position.

2. The method as claimed in claim 1, further including the step of weighting said front leg support to offset a weight of said seat back.

3. The method as claimed in claim 1 wherein said exerting of a rearward force on said seat back is low resistance.

4. The method as set forth in claim 3 wherein said exerting and said relaxing of said rearward force can be carried out at a high frequency without tiring the user.

5. A method of exercising which comprises the steps of:

positioning a user in an exercise chair with the user's knee joints substantially aligned with a chair knee joint axis;

at the same time positioning the user's hip joints substantially aligned with a chair hip joint axis; and

alternately exerting and relaxing a rearward force on said seat back by said user to rotate a chair front leg support about said knee joint axis between an at rest position and a raised position and rotate said seat back about a fulcrum pivot between an upright position and a backward inclined position.

6. The method as claimed in claim 1, further including the step of exerting a force on said front leg support at the same time and generally opposite to said rearward force exerted on said seat back.

7. The method as claimed in claim 6 wherein said front leg support includes a foot rest for receiving the user's feet and said force exerted on said front leg support is against said foot rest by said user's feet.

8. The method as claimed in claim 1, further including the step of positioning said fulcrum pivot approximately 3-9 inches above said chair hip joint axis.

9. A method of operating an exercise chair having a generally horizontally supported seat, a pivot linkage connected to the seat, a front leg support connected to said linkage to determine a first pivot axis, a seat back, and a fulcrum pivot connected to said seat back and said linkage to define a second pivot, said method comprising the steps of exerting a rearward force on said seat back and at the same time a generally opposite force on said front leg support to rotate said front leg support about said first axis from an at rest position to a raised position and rotate said seat back about said second pivot between an upright position and a backward inclined position, relaxing said forces, and alternately exerting and relaxing said forces.

10. A chair for low resistance exercise and rehabilitation, comprising:

a pair of laterally spaced apart lower frame members adapted to extend along a floor surface, each lower frame member having opposed front and rear ends;

a pair of upstanding front legs, each front leg having a lower end pivotally coupled to a respective front end of a respective lower frame member and having an opposed upper end;

a pair of upstanding rear legs, each rear leg having one end fixedly attached to said respective lower frame member and having an opposed free end; and

a seat assembly having a pair of arms, each arm having a front end pivotally coupled to a respective upper end of a respective front leg and having a rear end pivotally coupled to a respective rear leg whereby to establish a fulcrum about which said seat assembly may rotate, said seat assembly including a seat bottom fixedly attached to said pair of arms and a seat back pivotally coupled to said rear ends of said arms.

11. The chair as in claim 10 further comprising means for vertically adjusting said fulcrum relative to said seat bottom.

12. The chair as in claim 10 wherein:

said seat assembly includes a pair of generally upstanding support arms, each support arm having a lower end pivotally coupled to a respective rear end of a respective arm and having an opposed free end;

a pair of bearing housings, each bearing housing having a first portion mounted to a respective rear leg and a second portion mounted to a respective support arm, each second portion being pivotally coupled to a respective first portion; and

means for selectively securing said pair of bearing housings at desired longitudinal configurations along respective rear legs and support arms.

13. The chair as in claim 12 further comprising means for releasably securing said pair of support arms in fixed configurations parallel to corresponding rear legs.

14. The chair as in claim 10 further comprising a foot assembly having a framework pivotally coupled to said front ends of said pair of arms, said foot assembly having a foot plate fixedly attached to said framework.

15. The chair as in claim 14 further comprising a weight attached to a bottom surface of said foot plate, whereby to counterbalance a weight of said seat back when said seat assembly is not occupied by a user.

16. The chair as in claim 10 further comprising:

a pair of wheels rotatably coupled to respective rear ends of said pair of lower frame members; and

a pair of padded armrests coupled to respective arms of said seat assembly and adapted to cover said respective arms and respective upper ends of said pair of front legs.

17. The chair as in claim 10 further comprising a handle assembly pivotally coupled to a corresponding rear leg, said handle assembly having an upstanding handle member situated adjacent a corresponding arm of said seat assembly.

18. The chair as in claim 10 further comprising means for releasably coupling respective free ends of said pair of rear legs to respective support arms so as to releasably hold said seat assembly in a stationary configuration.

19. The chair as in claim 10 further comprising a pair of wheels rotatably coupled to respective rear ends of said pair of lower frame members.

20. The chair as in claim 10 further comprising means for releasably coupling respective free ends of said pair of rear legs to respective seat support arms so as to selectively hold said seat assembly in a stationary configuration.